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On: 28 September 2011, At: 00:23

Publisher: Routledge

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## Psychology & Health

Publication details, including instructions for authors and subscription information:

<http://www.tandfonline.com/loi/gpsh20>

### B. Interactive poster presentations

Available online: 14 Sep 2011

To cite this article: (2011): B. Interactive poster presentations, *Psychology & Health*, 26:sup2, 73-253

To link to this article: <http://dx.doi.org/10.1080/08870446.2011.617185>

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returning to work after ischemic heart disease with the functionality of the family and social support was our goal. It was a quantitative and transversal study. The sample was not probabilistic, with 164 subjects with ischemic heart disease in outpatient follow-up. We used sociodemographics, Graffar scale, Apgar Family and Social Support Scale. The family functioning ( $t=4593$ ,  $p=0.000$ ) and social support ( $t=3,811$ ,  $p=0.000$ ) influence significantly the return to work. For greater success in returning to work is essential to involve the family as a concerted strategy in a rehabilitation program and a custom effective social support system.

### **Impact on the life quality of informal caregivers**

Dias António, Saraiva Regina Célia, Pereira Carlos, Monteiro Maria João, Costa José,  
Dias Ana Rita and Dias João Pedro

Informal Caregivers play an important role in caring for dependents, as their numbers increased. We intend to know the impact on Life Quality of Informal Caregivers. It was a quantitative and transversal study. The sample was not probabilistic, with 250 informal carers. We used sociodemographics, QASCI Scale (Physical impact, Emotional and Social Development) and Quality of Life. Perception of Life Quality by Informal caregivers was low with 37.6%, reasonable with 22.4% and high with 40.0%. The vulnerability to stress (0.636,  $p=0.000$ ) and physical impact, Emotional and Social (0.636,  $p=0.000$ ) influence significantly the life quality of informal caregivers. It is crucial to any Informal Carer to ensure a support structure so as to help him bear the burdens of work. Thus, it is guaranteed to Informal Caregivers to maintain their health so they contribute to the welfare of others without endangering their own personal situation.

### **Assessment of psychopathology in Portuguese referred children: Preliminary psychometric data with the ASEBA battery**

Dias Pedro, Carneiro Alexandra, Lima Vânia Sousa, Machado Bárbara César,  
Xavier Maria Raul, Veríssimo Lurdes and Santos Sónia

The validation of instruments to specific populations is relevant to health psychology, since a well-structured assessment allows the design of enhanced interventions (Ivanova, 2007). This study aims to validate the Portuguese version of the ASEBA battery (Achenbach, 2001). In this presentation, preliminary results on the CBCL 6-18, TRF and YSR will be presented (alpha coefficients and group differences). A sample of 240 children and adolescents (6–18 years old), referred to four mental health services in Portugal was assessed with the ASEBA forms. All the ASEBA instruments show excellent alpha coefficients ( $\geq 0.86$ ). Group differences in internalising, externalising and total score were found concerning age and gender, in line with research conducted in other societies (e.g. Rescorla et al., 2007).

### **Quality of life, stigma and disclosure in HIV**

Dibb Bridget

**Background:** This study sought to understand the stigma experienced by people with an HIV positive diagnosis with the research questions: to what extent does stigma influence quality of life for this group and to what extent does stigma influence disclosure of the diagnosis to others? **Methods:** Using a cross-sectional design, 88 participants completed an electronic questionnaire. Measures included the MOS-HIV, Life Satisfaction Scale, CES Depression

Scale, stigma, Posttraumatic Growth Inventory, regret and disclosure. **Findings:** Regression analysis showed that perceived stigma accounted for 25% of the variance in the perceived mental health ( $F(87, 1) = 30.306 (0.000)$ ), where increased stigma was associated with reduced mental health. Stigma was not associated with disclosure. **Discussion:** Understanding the experience of stigma in HIV is important for health psychology as it is this understanding which raises awareness and may improve the care, support and quality of life of this group.